

Sand Shoal Inlet, VA - Dec 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:12	3.4	3:27	3.6	9:06	0.6	9:33	0.4	6:58	4:45	
2	Tue	4:04	3.7	4:17	3.6	10:02	0.6	10:16	0.4	6:59	4:45	
3	Wed	4:50	3.9	5:02	3.6	10:52	0.5	10:57	0.3	7:00	4:45	
4	Thu	5:32	4.2	5:44	3.6	11:38	0.4	11:37	0.2	7:01	4:45	
5	Fri	6:12	4.5	6:26	3.7			12:20	0.3	7:02	4:45	
6	Sat	6:53	4.7	7:07	3.7	12:16	0.1	1:01	0.2	7:03	4:45	
7	Sun	7:33	4.8	7:49	3.7	12:56	0.0	1:41	0.1	7:04	4:45	
8	Mon	8:14	4.9	8:31	3.7	1:35	0.0	2:21	0.1	7:05	4:45	
9	Tue	8:56	4.9	9:13	3.7	2:15	0.0	3:03	0.1	7:05	4:45	
10	Wed	9:38	4.9	9:57	3.6	2:57	0.0	3:47	0.1	7:06	4:45	
11	Thu	10:22	4.8	10:43	3.6	3:41	0.1	4:34	0.2	7:07	4:45	
12	Fri	11:08	4.7	11:33	3.6	4:31	0.1	5:24	0.2	7:08	4:46	
13	Sat	11:58	4.5			5:26	0.2	6:16	0.1	7:08	4:46	
14	Sun	12:29	3.7	12:53	4.4	6:25	0.2	7:10	0.1	7:09	4:46	
15	Mon	1:29	3.8	1:52	4.2	7:28	0.2	8:04	-0.1	7:10	4:46	
16	Tue	2:33	4.0	2:54	4.0	8:33	0.1	9:00	-0.2	7:10	4:47	
17	Wed	3:35	4.4	3:54	4.0	9:38	0.0	9:55	-0.4	7:11	4:47	
18	Thu	4:34	4.7	4:52	3.9	10:42	-0.2	10:50	-0.6	7:12	4:47	
19	Fri	5:29	5.0	5:47	3.9	11:42	-0.4	11:44	-0.7	7:12	4:48	
20	Sat	6:22	5.3	6:40	3.9			12:37	-0.5	7:13	4:48	
21	Sun	7:14	5.4	7:32	3.9	12:35	-0.9	1:29	-0.6	7:13	4:49	
22	Mon	8:04	5.3	8:23	3.8	1:25	-0.9	2:19	-0.6	7:14	4:49	
23	Tue	8:53	5.2	9:12	3.7	2:14	-0.8	3:07	-0.5	7:14	4:50	
24	Wed	9:41	5.0	10:01	3.6	3:02	-0.7	3:55	-0.4	7:15	4:50	
25	Thu	10:28	4.7	10:49	3.4	3:51	-0.4	4:44	-0.2	7:15	4:51	
26	Fri	11:14	4.3	11:38	3.3	4:41	-0.2	5:32	0.0	7:15	4:52	
27	Sat			12:01	4.0	5:34	0.1	6:20	0.1	7:16	4:52	
28	Sun	12:30	3.2	12:50	3.6	6:28	0.3	7:07	0.2	7:16	4:53	
29	Mon	1:24	3.2	1:42	3.4	7:23	0.5	7:53	0.3	7:16	4:54	
30	Tue	2:21	3.3	2:36	3.2	8:20	0.6	8:40	0.3	7:16	4:54	
31	Wed	3:17	3.5	3:30	3.1	9:16	0.6	9:28	0.3	7:17	4:55	